Two-Minute Beauty Chats The Day of Rest

By Pauline Furlong

ght, 1918, by The Press Publishing Co. (The New York Evening World). How to Massage the Scalp

ALLING, lifeless hair is caused by impaired circulation, nervousness and principally by neglect. To arrest it, therefore, three things are essentialsystematic upbuilding of the health, massage and solute eleanliness

For massaging scalp anoint

finger tips with tonic or veget-

A simple, pure hair tonic to use

with the movements.

sage is started.

Few persons realize that the condition of the scalp hair depend a very great deal on the general health and the cause of my scalp troubles is internal. Poor circulation of the blood throughout body, as well as through the scalp, clogged system, which poisons the diseased nerves and other common disorders all play an important in the condition of the hair, and those who find their hair falling at alarming rate or notice that it is dry and lifeless and turning gray early in Mie should look to their general health internally as well as start a sorous external treatment for the scalp also.

Nightly massage with the finger ips, anointed with some pure tonic or vegetable oil, is absolutely necesmary to loosen the scalp from the head and encourage blood circula-Use only the movement of the ngers, from the wrists, and not the atire arm, which pulls and jerks be head about, doing more harm

The Mustration to-day is designed to give you an idea how to sage your own scalp with the nger tips, but when possible it is always better to have this done for you by another person, as the presme in the fingers will necessarily saturated with tonic before the masmuch heavier and its effects seeper and more far reaching.

Cover every single spot on the for dry dandruff is made from all calp, in order to reach the minute ounces of bay rum, one ounce canvessels and also to loosen tharides and one cunce clive oil. dendruff, which if profuse should be Use not more than two tablespoonmoved with a small toothbrush fuls twice each week.

Answers to Health and Beauty Questions.

SLENDER HIPS-MARGARET M .: | pare the corn closely with a sharp Rolling on the floor, from one side of the room to the other, is the best axspecies for reducing large hips, and if this exercise makes you disay masses the hips with a heavy rolling the make a felt or chamois pad by folding the make a felt or chamois pad by pin to help stimulate the circulation folding the material several times and cutting a hole in the centre. This and break up the accumulation of prevents further pressure from the superfluous fat around them. Leg shoes the floor, hands clasped behind the head, raise each leg alternately and class and baths are just as essential circling reduces the thighs. Lie on make three small circles, then three class and baths are just as essential larger and continue until you have must be kept clean through increased made the largest possible ones. Rest activity of the eliminative organs of the continue can be tween each three move-

and relax between each three movements.

Green vegetables and fresh ripe fruits, nuts, dark bread in moderation, cereals and fish and shell fish, milk, cheese and buttermilk are some foods which may be eaten in moderation with safety. Pastry, sweets, meats alcoholics, tea, coffee, white bread, acc., should be avoided. Never overset whether you have sures of urlesses of with safety. firstby skin and the grease in it pre-vents drying the skin too much. I know many women who use this about once each week to smooth and harden the fiesh.

How to Make Soap

and fats, formerly the standby of the scapmakers, to be used as food. This has advanced the price of the toilet and laundry necessity and, as ft may go higher, the proposition of making the family supply at home might well be considered. one and the results are excellent, both in quality and purity. Not only laundry but tollet and shaving soap can be produced. The following formulas, reprinted by permission from the li-kistrated World, will explain the

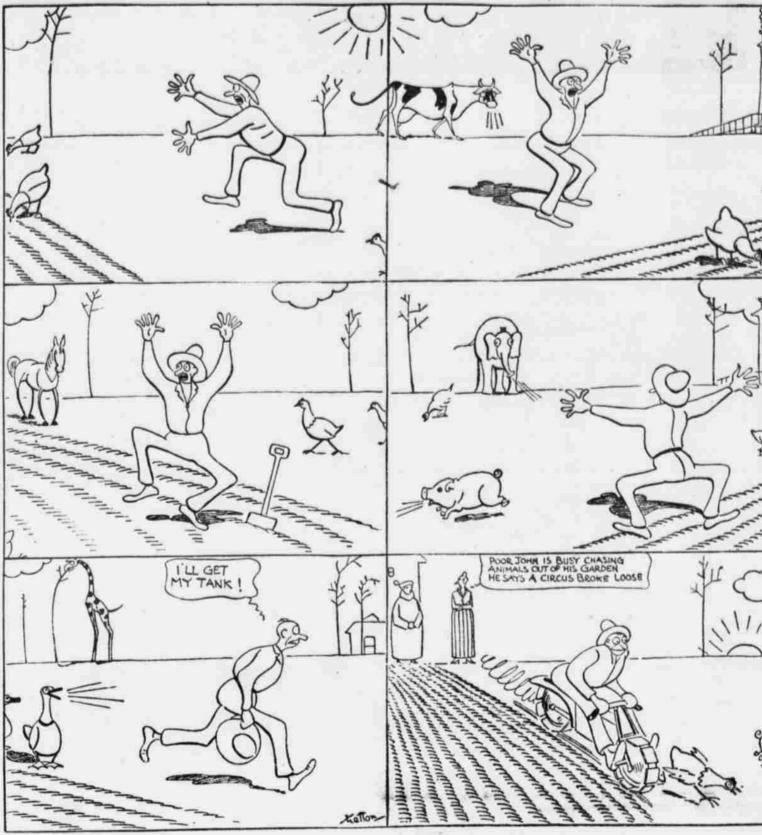
pounds of taflow or fat and aine pounds of chemically pure caustic soda will make an abundant the soda and after stirring for a few minutes a small quantity of cless of some natural ability acquired night. Dave remembered that it had cleaning properties, besides giving a good property—and a bad reputation. Just how or why he had prosture should then be stirred until it is the consistency of thick syrup, bors never tired of discussing.

Tad, it seemed, resented any intersection of the control of the c

was replained largery.

The proper for total scan demand again to the proper for all proper for the proper for

By Maurice Ketten



Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick

A Frock to Welcome Summer Days

mer with true eeds a dainty filmy frock such as this l have designed for today. It is one that can be donned for such afternoon occasions as are offered at any sumner resort-afternoon ea at the club house oncerts or plazza card parties. In the city ! s just the style that can be appropriately worn to afternoon te at a hotel or in the evening to some roof for dinner and danc-

Industructible volle, corgette and will o e wisp are all delightful and equally uitable textures for this frock, being of about the same weight and combining prettily with lace. There are many pretty novelty laces which cannot be called by any special name for the use suggested in this design About \$1-2 yards of en or twelve inch founding is necessary to carry out the effect. About two yards of It are used around the tunic, the scalloped dge being placed upward, and a colored ribbon binding the ower edge. On the bodice the lace is inserted to form a deep oke, which is continued over the sleeves giving a delightfully graceful line, inasmuch as the arm holes drop low, to meet the lower

edge of the yoke. The bands of the contrasting quality from the other marked by a colored ribbon which satisfactorily to develop this design, ties in a bow and streamers at the

ECONOMY FROCK FOR HOT DAY dress fabric, which pass over the lace used, finishes the front and back shoulders and disappear through the of the yoke, the sleeves, and the slashes in the skirt, are finished on slashes in the skirt, adding greatly the edges with picot and fine tucks. to the dressy appearance. White is A tiny cording marks the elongated always a good choice, but any pale waistline, and the normal beltline is color one might desire could be used

Answers to Queries

I have five yards of plaid silk like sample (brown and blue) and would like your advice street dress is what I want. Am 5 feet inches tall, slight of build. Have brown hair, blue eyes, good

combined with your goods, per sketch.

To Miss L. V .- Taffeta combined with your satin striped volle would be practical made after style

Will you kindly with kimono walst, F

dress? It was made which was unbecoming, and a skirt with drapes at the hips was also unbecoming. Would like to look thinner. Am willing to buy some new georgetta to make over with it if you will please de sign the style. Am twenty - two years |-old.

HARD CORNE—G. K. H.: I do not think any remedy will permanently remove hard corns after they have once appeared. Pressure of tight or tilifitting shoes causes them. Bathe the feet in hot soapy water and then

in Your Home. Alaire Finds Herself a Prisoner have arrived at the place in question thrown in with the Rebel junta in by noon, the hour Ed Austin had san Antone, and Tad Lewis is the man they use to run arms and supplied the war have caused many cities. In the Hands of an Escort Sent to Protect Her

Alaire Austin, wife of a ramber, is lest in a Texas desert, but finally reaches a waterhole, awaiting a Mexican wanted for fourier. The mai arrive with a comparation for the time being. He is awaiting a Mexican wanted for fourier. The mai arrive with a companion and Law arrests both. This second man proves for fourier. The mai arrive with a companion and Law arrests both. Mexican attempts to excase with a set of the Alaxin and she asserts for him, but the got away. Afternand she estemated is gained a little by the ranger, the Austin believes that he got away. Afternand she estemated is gained as the latter being a factor of the Alaxin and Army, who, final total she she make the set of the fourier of the Alairo's him to search of cattle theres. Partil Law gather information, which causes then to exceler if Alairo's hust-land alays anything of their depredations. Austin a character is dissolute and weak. Law goes to the ranch of Tad Lawis seeking a suspected Maximan.

CHAPTER X.

supply of laundry scap. The fat should be warmed and mixed with coloriess brows and But Adolfo Urbina was nowhere to should be warmed and mixed with the soda and after stirring for a merly a cowboy, he had by the exercovered where he was spending the resin added. The latter increases the

Lewis retorted warmly: "Adolfo's Dave. into his boots and slicker, explaining him. So'll Ed Austin. I guess EWIS was a sandy-complextoned man of about forty, gang of thieves workin' for me."

T'm sorry this play came up, for face prompted him to inquire, brusquely, "Don't you believe what I'm solveless here and the solveless workin' for me." I'm telling you about his goin' to Pueblo?"

"I guess he's gone—somewhere."
Tad uttered an angry exclamation
"Looks to me like you'd made up your
mind to saddle this thing onto him
whether he done it or not. Well, he's

is the consistency of thick syrup,
usually in about an hour. Any
square pan lined with wax paper
will serve as a mould, into which
the scap should be poured and allowed to stand over night. It is now
roady for use, but should be kept in
a dry place.

The recipe for toilet scap demands
The recipe for the delay if.
The recipe for the delay if.
The recipe for the delay if.
The recipe for the delay if. to you: I'm going to get all the cat: a queer fellow. Once the rustlers in this county—all of gets his neck bowed. "So do I." Law do "So do I." Law do

by noon, the hour Ed Austin had fixed.

This significant bit of information, however, Davo advised the Guzmans not to make public for the time being. Toward midday Tad Lewis and three of his men arrived with the her ode to Las Palmas whon he was news that Urbina had left for Pueblo before they could intercept him.

"He's got a girl up there, and he's gone to get married." Tad explained "I'm sure sorry we missed him."

Davo similed grimly at the speaker.

"Are you sure he didn't cross to the other side?" he asked.

Lewis 1st Antone, and Tad Lewis is the man they use to run arms and supplies in this neighborhood. That's why he and Ed are so friendly. Urbina is probably your cattle thief, but he has a hold over Ed, and so pursued, knowing that no jury would convict him over Austin's testimony."

"He has gone clean to the bad lately: there's no telling what he'il do. I'd hate to see you crowd him.

an all-right hombre, and I'll back this county because you settle so itm. So'll Ed Austin. I guess me an many cases out of court." The Judge

THE SIXTY-FIRST SECOND By Owen Johnson

A STORY OF LAST MINUTE THRILLS

Begins on This Page Monday, April 15

"They call you the best lawyer in doubtable general, the here of a hun- Benito will not long remain unmardred tales, rested upon his shoulders ried. He is like all men. More than like a mantle. Jose's extravagant once I have suspected him of making this county because you settle so many cases out of court." The Judge samiled at this. "Well, here's a chance for you to do the county a good turn and keep Ed Austin out of trouble."

"How?"

"The prosecuting attorney is a new man, and he wants to make a reputation by breaking up the Lewis gang."

"Well?"

"He intends to cinch Urbins, on Elicardo's and my testimony. You're a friend of Austin's; you'd better tip lim to set his watch ahead a few hours and save himself a lot of trouble. "In marked contrast to Jess Santhous and save himself a lot of trouble housekeeper's conviction of direct the housekeeper's conviction of direct him to set his watch ahead a few hours and save himself a lot of trouble. The prosecuting attorney don't like Ed any too well. Understand." The Judge pondered this suggestion for a unement. "Young Ed' is a queer follow. Once in a while he gets his neck howed."

"So do I." Law declared guietly "He treated me like a hobo sent me to the roundings, and in spite of all this, however, Alaire and considered the real with the feeling method to the walting life. Everything about La Ferla was in the ground and stronge in her daily figure in spotless uniform leaped to the kitchen for a hand-out. That





complexion.

shown for Mrs. T. O. K. Fashion Editor. The Evening World advise me how to remodel a dark rose - color taffeta



MRS. E. K. W.

